



Frederick County
Senior Services Advisory Board
1440 Taney Avenue
Frederick, MD 21702
301-600-1605

www.FrederickCountyMD.gov/aging

The mission of the Frederick County Commission on Aging is to promote the well-being and quality of life of older adults in Frederick County, Maryland. The Commission shall collaborate with, advise, advocate, and educate the Frederick County Government, the Department on Aging, and the larger community on all matters relating to the needs, development and administration of services for older adults.

**Frederick County Commission on Aging
Agenda**

**Monday, April 8, 2019, 1:00 PM
New Market Grange Hall
14 South Alley, New Market, MD**

- 1 Call to Order - Welcome & Introductions
(Meetings are recorded) Sandi Wastler
- 2 Action on the Agenda Sandi Wastler
- 3 Approval of March 11, 2019 Minutes Sandi Wastler
- 4 Elected Officials' Comments
Presentations
- Pain Management for Seniors
- 5
 - Medical Cannabis, Green Health Docs
 - Traditional Medical, Dr. Larry Romane
 - Acupuncture/Holistic Health, Ryan Diener, Director
 - Yoga & Mindfulness, Mountain Spirit Yoga – Carla McAdamsSandi Wastler, CoA Chair
- 6 Committee Reports
• Nominating Sandi Wastler
- 7 Public Comment
- 8 Adjournment

Dates:

Business Task Force – May 3, 2019 at 11am, Chamber of Commerce

April 26, 2019, Executive Committee meeting, 930am

May 13, 2019, Senior Services Advisory Board meeting, 12:00 for lunch - \$5.00, 12:30 Presentation

All individuals making public comments must register at the door. Individuals requiring special accommodations because of a disability or for lack of English proficiency must contact the Frederick County Department of Aging or dial 711 for Maryland Relay Services to make arrangements no later than three (3) working days prior to the meeting.

This meeting notice was posted by the Department of Aging on the Frederick County Government internet website (<https://frederickcountymd.gov>). This method will be used to provide reasonable advance notice of the meetings of the Commission on Aging.